

First aid and emergency procedures

Duke of Edinburgh Award Expedition Training
Course

Introduction

First Aid and emergency procedures provide a framework on how to approach a potentially dangerous or risky situation and, or when someone is hurt. This will help you stay calm, make safe choices and reduce the time it takes for help to arrive.

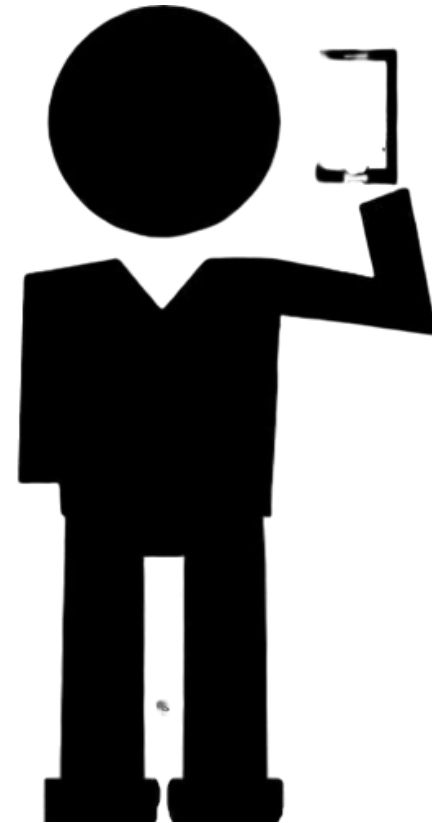
Mostly injuries on a Duke of Edinburgh expedition are minor: cuts and grazes, blisters and minor burns. We however have to be prepared, but don't be scared by the First Aid training. You are not expected to be an expert First Aider. It will help you identify a possibly illness or injury and act in a way that helps a casualty.

Who to call

Remember your supervisor will be able to deal with most emergencies. Call your supervisor first.

BUT

If there is a life-threatening situation or a crime in progress you must not hesitate to call 999, then contact your supervisor. We do not want to waste the time of our emergency services, but, if the call is necessary, make it.



Stay safe

Personal safety, your team and safety of other countryside users should be foremost in your mind when planning your expedition. The safety and advice provided by the DofE can be download [here](#).

Plan for safety. Prepare escape routes and alternative routing, allowing for bad weather. Know the weather forecast and emergency procedures, before setting off.

Equip for safety. Have the properly equipment and personal clothing, making sure it is being used or worn correctly. Do not carry too much and carry a personal first aid kit. DofE recommended kit can be found [here](#). Find out how to use your first aid kit [here](#).

Train for safety. Follow the instructions and advice given to you throughout your training. Most accidents are avoidable. Prevention is better than cure,

What to do in an emergency or accident?

A Duke of Edinburgh expedition isn't risk-free and it is important that you know what to do. Remember it may not be your team, but a member of the public who needs help. The most important piece of advice is to stay **calm**.

Assess using the 3 S's. Is it Safe? What can you See? What is the Situation or what has happened?

Make an area safe. It is important to eliminate anything that presents a danger to those involved and anyone who goes to help, including you, if it is safe to do so. Once an area is safe, use the primary survey to assess casualties.

Assist the emergency services. Give the emergency services as much information as you can when they arrive. Follow their instructions.

DR ABC (or the primary survey)

DR ABC is a really useful acronym when faced with an accident or emergency. It will help you assess any casualties, treating those most in need first.

D = Danger. Always make sure the area is safe before attending to the casualty.

A = Airway. Check their airway is

R = Response. Check if the casualty is res open and clear.

B = Breathing. Check if they are breathing normally.

C = Circulation. Check for signs of severe bleeding.

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**How to do
the primary
survey**



[Click to watch the video.](#)

How to treat a severe wound or bleeding

Severe bleeding can be dramatic and distressing. It is therefore important to stay calm, helping you think clearly and keep the casualty calm.

Severe bleeding can be life-threatening.

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**How to
treat severe
bleeding**



[Click to watch the video.](#)

How to treat shock

Shock - not emotional
shock - is a life-
threatening condition,
caused by anything
reducing the flow of
blood, so oxygen is not
reaching the body's vital
organs.

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**How to treat
shock**



[Click to watch the video.](#)

The recovery position

Putting a casualty into the recovery position will not improve a casualty's condition, but it does keep the airway clear and prevent choking as vomit and fluids drain out of the mouth.

Only an unconscious casualty, breathing normally should be put into the recovery position.

A casualty in the recovery position should be continually monitored.

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**The recovery
position**



[Click to watch the video.](#)

How to do CPR

Do not carry out CPR unless you have gone through DR ABC. CPR should only be used when a casualty has stopped breathing or irregular breathing, called agonal breathing. Dial 999 or 112 for an ambulance. Essentially it is then 30 chest compressions and 2 rescue breaths until the ambulance arrives.

Where possible work in teams of two as this is physically tiring.



**How to do CPR
on an adult**



Click to watch the video.
There is a separate [video](#) for a
child.

How to treat hypothermia and heatstroke

Being too cold and too hot can be life-threatening.

Hypothermia is a condition that occurs when a casualty's body temperature drops below normal. Watch this [video](#) on how to treat hypothermia. It is a condition affecting many older people.

Heatstroke is the opposite condition, when a casualty's brain stops regulating the body's temperature and is unable to cool itself. Watch this [video](#) on how to deal with heatstroke.

Heatstroke also happens after heat exhaustion. This [video](#) shows you have to deal with heat exhaustion, hopefully preventing the worse condition of heatstroke developing.

General advice in hot weather

The **general advice** in the hot weather is to cover up with light clothing, wear a hat, keep to the shade where possible, apply sun cream regularly and drink plenty of water. A DofE Expedition is not the time to 'top up your tan'. Sunburn also needs treating. Watch this [video](#) to find out how.



Asthma attack

Asthma is a common lung condition, affecting someone's breathing. The air passages of a casualty become inflamed, possibly triggered by an irritant such as an allergy or just at random, causing the airways to narrow.

Being unable to breathe can be a frightening experience.

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**How to treat
an asthma
attack**



Click to watch the video.

Severe allergic reaction

An allergen is a substance that causes the body to react in an abnormal way. Hayfever for example is a body's response to pollen.

Some one in your team probably has an identified allergic reaction, for example to nuts and carries an epipen. Being outdoors however increases the chances of being exposed to an allergen.

A severe allergic reaction is called an anaphylactic shock



How to treat a severe allergic reaction



Click to watch the video.

How to treat fractures and dislocated joints.

A fracture is a break or a crack in a bone. If it is an open fracture, breaking through the skin there will be bleeding. A closed fracture, when the skin remains intact can cause internal bleeding and possibly shock.

Dislocated joints happen when bones are pulled out of their normal position. DO NOT ATTEMPT TO PUT THE BONE BACK as this can cause further damage. Instead support the bones as much as possible to stop it and get the casualty to hospital. A casualty may go into shock.

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**How to treat a
fracture &
fracture
types**



Click to watch the video.

How to treat strains and sprains

Strains and sprains are stretches or tears of the soft tissues between bones.

The treatment is the same as demonstrated in the video.

Remember the acronym RICE.

Rest – stop any activity and avoid putting weight on it.

Ice – apply an ice pack.

Compression – wrap a bandage around it.

Elevate – keep it raised as much as possible

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**How to
treat sprains
and strains**



Click to watch the video.

How to treat burns and scalds

A burn is caused by dry heat - hot objects, fire, electricity - and a scald by wet heat: hot liquid or steam. The longer the contact, the more skin damage and remember your DR ABC.

Burns and scalds can be awful, depending on the 'thickness' of the wound.



**How to treat
burns and
scalds**



[Click to watch the video.](#)

How to treat cuts, grazes and splinters.

A cut is when the skin is fully broken, whereas only the top layers of skin are scrapped away. Most cuts and grazes can be treated with the contents of a basic first aid kit.

Splinters of wood, glass and metal can usually be removed using tweezers. Again only if the splinter is deeply embedded or difficult to take out might a casualty need to seek medical help.

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**How to treat
cuts and
grazes**



[Click to watch the video.](#)

Blisters

Blisters are small pockets of fluid underneath the skin, looking like fluid-filled bumps. They are caused by constant rubbing or exposure to heat.

Watch the video to find out ways to prevent blisters, the preferable option.

In addition the video describes how to treat a blister. It is also advisable to include special blister plasters in



[Click to watch the video.](#)

How to treat stings and bites.

It is better to prevent stings and bites than treat a bite. Regularly apply bite protection creams and sprays, wearing long sleeves and trousers and avoiding areas where stinging and biting insects gather, such as water.

Ticks, a spider-like insect, living in woods and long grass, feeding off animal and human blood is a particular problem. The video shows you how to remove a tick. Ticks spread serious diseases. Further information from the DoF is available [here](#).

Generally bites can be treated by removing the sting, tick or hairs if still in the skin. Wash the area and apply a cold press. Avoid scratching the sting or bite or any blisters to prevent infection.



Click to watch the
video.

How to treat a headache.

Most headaches are easily treated, although it is useful to identify why a casualty might have a headache, for example, has s/he been drinking water regularly and therefore could be dehydrated.

A headache after a head injury is of concern, particularly if it is getting worse. This is a sign of compression.

On expedition, let your supervisor know if you have taken any medication, no matter how routine or trivial it seems to you.

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**How to help
someone with
a headache**



Click to watch the video.

Summoning help

Download the DofE safety and advice card [here](#), if you haven't already.

Your supervisor must remain in the area at all times and your supervisor can help in most situation. If emergency assistance is required, dial 999 immediately and then contact your supervisor.

Alternatively two members of the team could be sent for help. Make sure instructions are clear and that the two members are given the second map, compass, emergency mobile phone and emergency phone procedures.

Help maybe available at the nearest house or from other countryside users. Don't be afraid to ask.

Calling 999 or 112

If someone is seriously ill or injured and a life is at risk, do not hesitate to call 999. This might be the first time you have dialled 999 and the video explains what to expect.

Work as a team. Often having something to do helps everyone stay calm and feel a sense of control.
Be ready to provide the following:

1. The telephone number you are calling from.
2. The exact location of the incident.
3. The type and gravity of the emergency.
4. Number, gender and age of casualties.



[Click to watch the video.](#)

What to do while you are waiting?

There is a lot you can do while waiting for your supervisor or the emergency services. Again work as a team. Often having something to do helps everyone stay calm and feel a sense of control.

Make the casualty more comfortable perhaps put up the tent to create a shelter. Continue to monitor them. Record what has happened.

Make it easier for your supervisor or emergency services to find you. Take out hi-visibility clothing or bright rucksack covers. Form a chain to the nearest road.



Self-assessment

- Take a moment to reflect on your understanding of this course.
- **Confident.** Take the test and see where you need to improve, if at all.
- **Not confident.** Work through the material again, do some extra research or ask an adult for help. Take the test and see where you need to improve.